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Your essential daily news | MONDAY, JULY 20, 2015

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MONKEY SHINES AT BLUESFEST

Monkey Junk's Steve Marriner, left, and Tony D rock the crowd on the Monster Energy Stage during the final day of Bluesfest on Sunday. TREVOR GREENWAY/METRO

Shaken baby dies in hospital

GATINEAU

Man may face additional charges in infant's death

Joe Lofaro
Metro | Ottawa

A 25-year-old west Quebec man is expected to make a second court appearance in Gatineau Monday after police say his two-month-old who showed signs of shaken baby syndrome has died.

Quebec provincial police arrested the father of the infant girl Wednesday in Thurso, Que., which is about 50 kilometres east of Ottawa, and charged him with aggravated assault.

He made a brief court appearance in a Gatineau courtroom Thursday while the baby was fighting for its life in hospital. The Crown opposed the man's release and he will remain behind bars at least until the case resumes Monday.

Police confirmed the baby died in hospital Friday night. It is possible the father may face an additional or upgraded charge in light of the baby's death.

Police allege the father shook his daughter, who was later found unconscious by first responders after a 911 call.

Police are not releasing the father's name in order to protect the identity of the infant.

Police say an autopsy will be conducted early next week and may lead to more charges being laid. WITH FILES FROM THE CANADIAN PRESS

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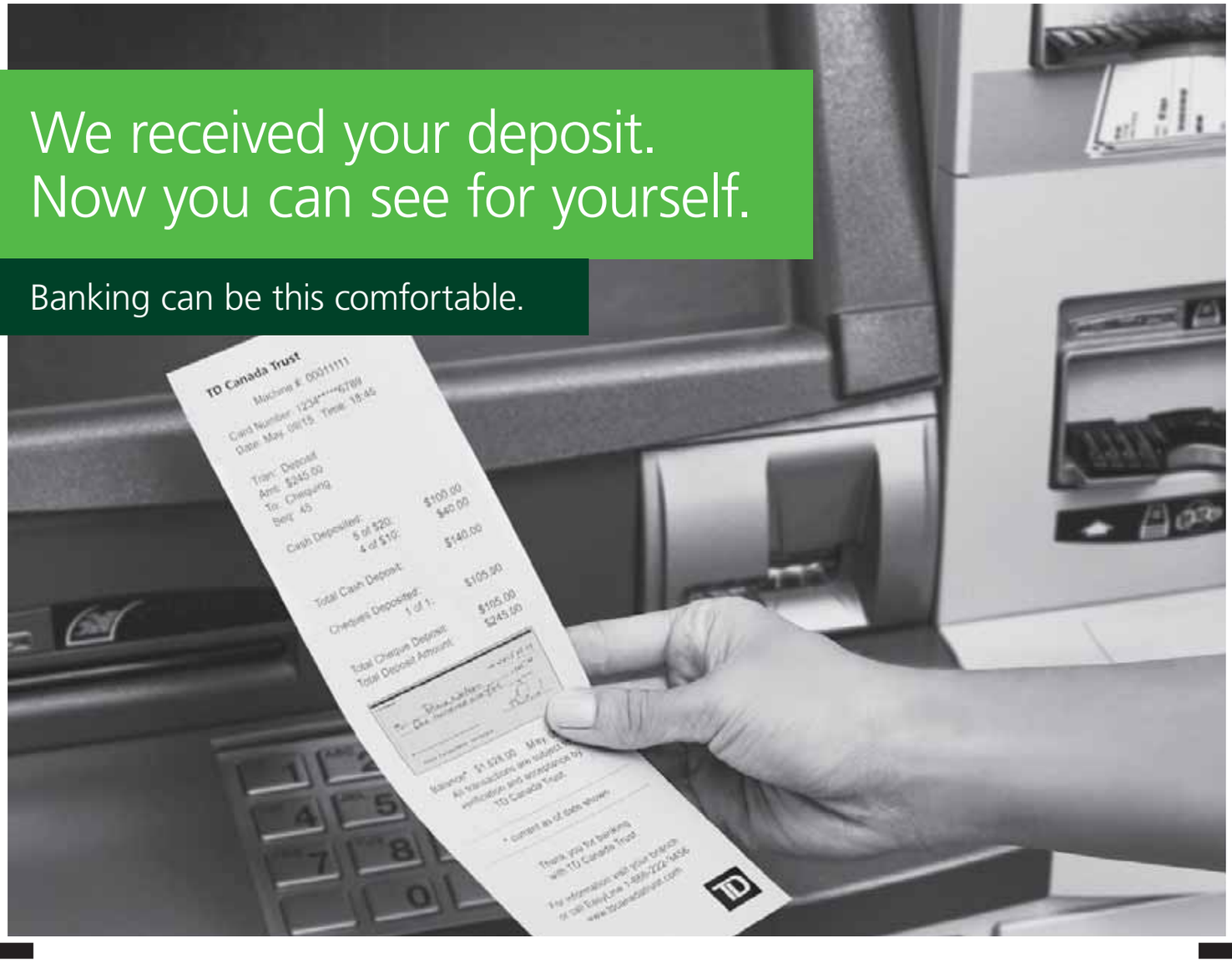

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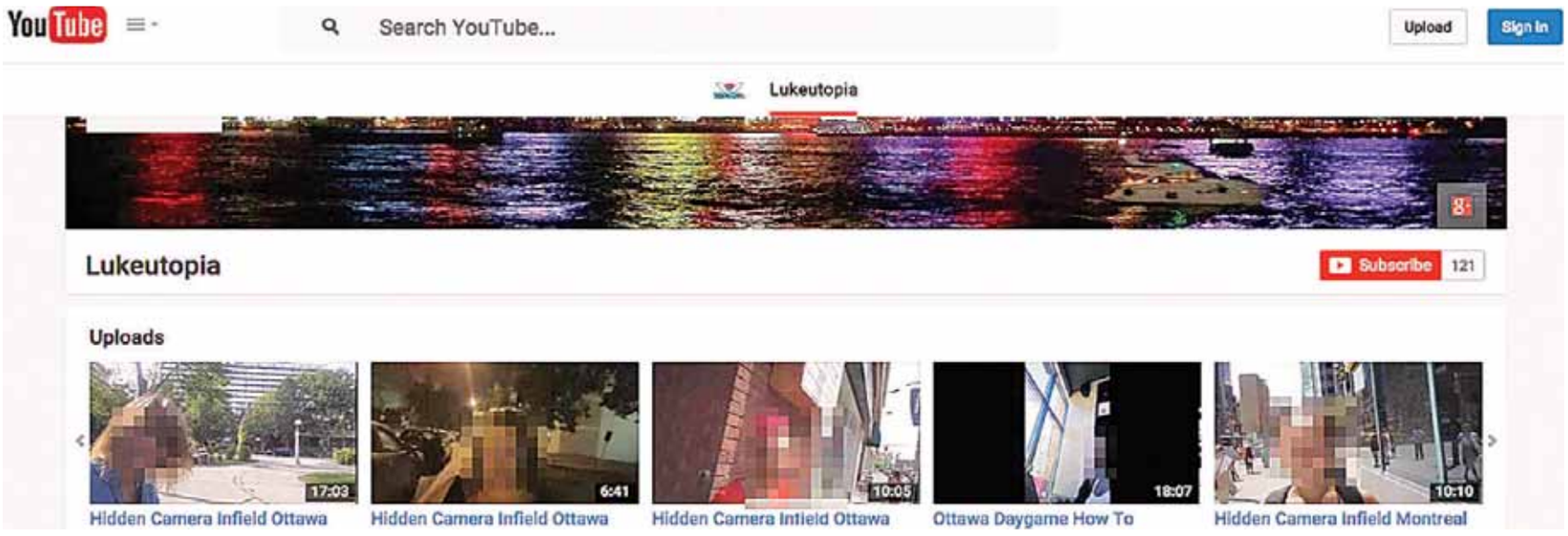
metro NEWS

Your essential daily news

Italy's heat wave drags on and on; Pope hails brave crowd who turned out to see him in the sun



A screenshot of a cached version of Luke Howard's YouTube page before it was made private on Friday. YOUTUBE

Videos blocked after backlash

SOCIAL MEDIA PROTEST

Pick-up artist hides footage from YouTube

Joe Lofaro
Metro | Ottawa

An Ottawa pick-up artist and hypnotist who has come under fire on social media for recording women on the street without their consent says he's just trying to teach shy guys with social anxiety how to talk with beautiful women.

Luke Howard, 36, blocked his series of YouTube videos under the username Lukeutopia from public view after a few people on Twitter condemned his social media experiments.

In the videos, he approaches women on the street and engages in conversation in an attempt to get their phone numbers. A hidden camera captures the encounter and Howard does not inform the woman she is being filmed.

"Because I don't need to and it's not a legal requirement to do that," Howard said in an interview with Metro Friday.

"Once you tell people about what you're doing it affects the whole result of the experiment you're doing."

Howard said he came to Ottawa from the U.K. six years ago and started his YouTube series three to four months ago.

Luke Howard LINKEDIN

The goal, he said, is to motivate men who have social anxiety to have the courage to talk to women they are interested in during the day instead of in a nightclub.

"I want other guys to experience that freedom of being unshackled and unchained by these fears," he said.

Howard said he made his videos private after receiving threats of violence online.

Ottawa police said in an email to Metro that secretly filming people over 18 is not illegal if it is done in a public space.

But the experiment has turned off several women who say what Howard is doing amounts to street harassment.

One woman, who spoke to Metro on the condition that her name not be published, said Howard "turned nasty" when she turned him down the second time he approached her.

The 23-year-old University of Ottawa student said he approached her once last summer inside the Rideau Centre, a second time in the Byward Market last fall, and a third time this summer on Elgin Street.

"I saw him and I was walking in the Market to go to a show at the Rainbow (Bistro) and he actually runs up behind me and he's like, 'Can I talk to you for a moment?' and I said, 'No, I have to go.' And he told me to 'f–k off,'" she said.

"I definitely felt creeped out. He was being too aggressive and (I was) very frustrated that he wouldn't leave me alone. I felt harassed."

Hollaback! Ottawa, a group that raises awareness about ending street harassment, said Howard's behaviour might be legal, but it doesn't respect women's boundaries.

"Women shouldn't have to prioritize being friendly over their own safety," said spokeswoman Julie Lalonde.

"His supposed goal is he's making it easier for people to interact in public, but I would argue that his work is actually setting men back and making it more difficult for good men to just strike up conversations."

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‘Stateless’ man has rules eased

DEEPAN BUDLAKOTI

Ottawa-born man still hopes to regain his citizenship

Michael Woods
Metro | Ottawa

A man who says the Canadian government has rendered him “stateless” said he has mixed feelings about the immigration and refugee board relaxing his release conditions.

Deepan Budlakoti had asked the board this week to rescind the bail-like conditions he has been living under since the Canadian government told him he was not a citizen, despite living here his entire life.

Those conditions have been relaxed. An immigration board member ruled Budlakoti must report to the Canada Border Services Agency every six months, instead of every three.

He also ruled the condition that Budlakoti must keep the peace is too vague and has changed it so the Ottawa native must instead report to border officials within 48 hours of any arrest, accusation or conviction.

Reached Friday, Budlakoti said he was happy those conditions had been relaxed, but reiterated that he had asked for all conditions to be removed, arguing their indefinite nature violated his constitutional rights.

He still has two sureties which he had asked to be removed. And he still has to report to CBSA, even though he can’t go anywhere because he has no citizenship or passport.

The conditions have caused him psychological harm, he said.

“Having these conditions has caused me anxiety and given me panic attacks,” he said Friday.

Budlakoti was born in Ottawa to Indian parents in 1989, who were in Canada working at the Indian High Commission.

Four years ago, after being convicted on drugs and weapons-related charges, he was told that he’s not a Canadian citizen, despite being issued an Ontario birth certificate and Canadian passport.

Budlakoti argues the Canadian government has rendered him stateless. He had asked that his Canadian citizenship be reinstated and argued that the government is infringing on his Charter rights.

The Federal Court ruled against him in that effort earlier this year, and the Federal Court of Appeal upheld the ruling last month.

Budlakoti has applied for leave to appeal at the Supreme Court of Canada in that case.

WITH FILES FROM THE CANADIAN PRESS

JENGA PLAYING GAMES AT THE FARMERS’ MARKET Ro, 10, and Sen, 4, play giant yard Jenga at the Ottawa Farmers’ Market on Sunday. Aberdeen Square invited residents looking for local food to also have a bit of fun in the sun for A Market Picnic with bubble activities, chalk drawings, and live entertainment. HALEY RITCHIE/METRO

FEDERAL FUNDING

High-need kids, families get a boost

The federal government is pledging more than $2.4 million over five years toward a new pilot project aimed at helping families of children with complex medical conditions.

The government says the money for the new Navigator Program will help 150 families with children who have complex medical needs.

“This investment will help develop, pilot and implement a holistic approach to helping parents and caregivers overcome the social, emotional and economic cost that caring for their children with complex medical conditions often entails,” Ottawa-Orleans MP Royal Galipeau told a news conference at the Ottawa Children’s Treatment Centre at CHEO Friday.

Galipeau was joined by Employment Minister Pierre Poilievre and several families with children who require complex medical care. About 800 of Ontario’s nearly 6,300 very high-care-need children live in the Champlain Local Health Integration Network area, which includes Ottawa.

While their medical care is covered by the health-care system, the nature of their care often leads to challenges the system can’t address. That’s where the Navigator Program aims to step in.

CHEO president and chief executive Alex Munter said the investment will “make a huge difference for families” by supporting them in their non-medical needs, helping link new parents with more experienced ones, and developing new online tools to help develop and sustain similar programs.

MICHAEL WOODS/METRO

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5 THINGS TO DO AT CITY HALL THIS WEEK

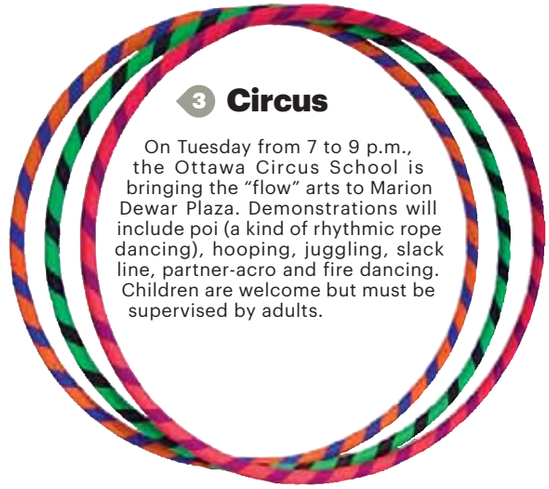
Public meetings at city hall are on summer hiatus until the end of the month — which might be reason enough to head down to Marion Dewar Plaza with your downtown neighbours for summer activities. HALEY RITCHIE/METRO

1 Volleyball

If you've been watching Canada's all-star volleyball players at the Pan Am Games and want to give it a try, here's your chance. Starting at 1 p.m. on Thursday at Lisgar Field, everyone is welcome to join the pick-up grass volleyball game.

2 Tai Chi

On Wednesday from noon to 1 p.m., try something different with Taoist Tai Chi. The hour-long session in front of city hall (inside Jean Pigott Place if raining) is an introductory lesson to the meditative martial-arts technique.



3 Circus

On Tuesday from 7 to 9 p.m., the Ottawa Circus School is bringing the "flow" arts to Marion Dewar Plaza. Demonstrations will include poi (a kind of rhythmic rope dancing), hooping, juggling, slack line, partner-acro and fire dancing. Children are welcome but must be supervised by adults.

4 Yoga

Introductory lunchtime yoga returns on Tuesday at 12 p.m., hosted by instructors from Rama Lotus Yoga Centre. While there will be some spare yoga mats available, it's recommended that people bring their own. If it's raining, the event will be held at Jean Pigott Place inside city hall.

5 Salsa dancing

On Wednesday evening from 6 to 11 p.m., Marion Dewar Plaza plays host to an all-ages outdoor dance floor. The night starts with an hour-long dance lesson. All skill levels are welcome.

MORE MONEY FOR EVERY FAMILY WITH CHILDREN

An increase of the **Government of Canada's Universal Child Care Benefit** offers Canadian families:

- **$1,920 every year for each child under 6— an increase from $100 to $160 each month**
- **$720 every year for each child 6 through 17— a new $60 per month!**

It doesn't matter how much you make. Every family with children under 18 qualifies. **Payments start July 20 and are retroactive to January 1, 2015.**

Find out if you need to apply at Canada.ca/TaxSavings

CANADA'S ECONOMIC ACTION PLAN

Government of Canada | Gouvernement du Canada

Canada

Lyon Irish, 3, left, his older sister, Viola, and two-year-old Caleb Bewnett, keep cool in the water at Britannia Beach on Sunday morning as the temperature reached 27 C. JOE LOFARO/METRO

QUICK ANALYSIS

Humid weather perfectly normal

Ottawa Public Health issued its first heat advisory of the summer on Sunday, when temperatures reached a high of 28 C in the city. Add a humidity of 74 per cent and the muggy weather felt more like 40 C.

The warm temperatures might feel extreme but Environment Canada meteorologist Mark Seifert said they're pretty normal for Southern Ontario.

"In the summertime, a typical pattern brings up that very warm and humid air across southern Ontario," said Seifert.

"During the first part of the summer we weren't really in that pattern, and I think we forgot about how hot and humid summers normally are here."

For the record, it could be worse: the highest temperature recorded for July 19 in Ottawa was 36 C in 1942.

The hot and sticky weather is expected to continue Monday. Environment Canada is forecasting a high of 28 C and a UV index of 8 or very high.

HALEY RITCHIE/METRO

STAYING SAFE IN THE HEAT

Like it or not, the summer heat is upon us. But there are a few ways to make sure you only make the best of it. **HALEY RITCHIE** METRO

1 Stay hydrated

Stay hydrated. It's easy to forget to drink enough water during the day, even if it's hot and sunny. Water is always a good choice, but even sugary options like juice and sports drinks will help. Avoid drinking excessive alcohol and caffeine.

2 Check in on neighbours

Check in on neighbours. Children, seniors and those with chronic health conditions are more vulnerable to conditions like heat stroke, heat exhaustion and dehydration. If you have neighbours who live alone and don't have access to air conditioning, it doesn't hurt to check in and see if they need assistance.

3 Keep out of the car

Keep out of the car. This advice goes for the entire summer, but it's important not to leave children, pets or anyone else sitting in a car for any amount of time when it's hot out.

ONTARIO

Mulcair starts early campaign swing

Thomas Mulcair is jumping the starting gun for this fall's federal election, hitting the campaign trail this week in the crucial battleground of Ontario.

The NDP leader is launching an eight-day tour on Monday designed to showcase his team, his policies and his party's momentum in the province.

Ontario accounts for more than a third of 338 seats that will be up for grabs on Oct. 19.

The tour will target ridings the NDP says it believes it can steal away from the ruling Conservatives.

There'll be no plane or buses, but apart from that, the planned tour has all the appearance of a full-on election campaign: two events each day, rounds of local media interviews and daily media opportunities, capped almost every evening by partisan rallies.

The tour kicks off Monday in downtown Toronto and will take Mulcair to Oshawa, Mississauga, Scarborough, Cambridge, Hamilton, Stratford, Chatham, Windsor, Amherstburg, London, Sarnia, Waterloo, Brampton, Thunder Bay, Sudbury, Sturgeon Falls and North Bay.

"It's definitely an opportunity for us to stress-test our campaign and to make the case that there is a choice," says Anne McGrath, the NDP campaign director. "What we're trying to tell people is ... if you want to make a change, we have the leader, the plan and the team."

Along the way, Mulcair will talk up some of the policies he's been rolling out over the past year — on child care, small business, agriculture, infrastructure and public transit.

And he'll showcase some of the candidates the NDP hopes will knock off Conservative incumbents, among them former provincial NDP leader Howard Hampton, who's taking on Natural Resources Minister Greg Rickford in Kenora, city councillor Diane Freeman who's taking on Tory MP Peter Braid in Waterloo, pastor Alex Wilson who's gunning for Tory MP Roxanne James in Scarborough Centre and teacher Mary Fowler who'll try to unseat Tory MP Colin Carrie in Oshawa. THE CANADIAN PRESS

NDP Leader Thomas Mulcair in June. JUSTIN TANG/THE CANADIAN PRESS

End of AIDS in sight

HIV/AIDS

Conference to hear 'last piece of the puzzle'

Matt Kieltyka
Metro | Vancouver

The debate will soon be over.

One of the world's foremost authorities on HIV/AIDS says that by the time experts leave Vancouver at the end of a milestone international conference this week there can be no disputing the path to eradicating the disease.

Thousands of experts have convened or the 8th International AIDS Society Conference of HIV Pathogenesis, Treatment & Prevention from July 19 to 22.

Dr. Julio Montaner, clinical director of the B.C. Centre for Excellence in HIV/AIDS, said he championed Vancouver to host this conference because research being presented will, once and for all, silence critics of the Treatment as Prevention model he pioneered and first presented on the same stage in 1996. The made-in-B.C. model advocates the use of highly active antiretroviral therapy (HAART) to suppress a patient's viral load — allowing them to live relatively healthy lives and dramatically decreasing the odds of them spreading the disease.

Last week, the UN credited the model with a pivotal role when it the agency announced it has met its millennial development goal of halting the spread of HIV/AIDS. Still, many places (such as Canada) have yet to endorse the model.

Montaner says two new studies being presented this week will definitively answer the few remaining questions about the effectiveness of the model he pitched at the height of the AIDS epidemic.

"That is the last piece of the puzzle we needed," Montaner told Metro. "This conference should give us the scientific consensus we need to go to governments and tell them there is nowhere to hide. 'You need to endorse it, fund it and implement it. We need to end this epidemic.'"

Dr. Julio Montaner says the end of the AIDS epidemic is within reach. JENNIFER GAUTHIER/FOR METRO

IN BRIEF

Fire evacuees head home

More evacuees from Saskatchewan's wildfires are heading back home. Officials say about 3,000 people eturned to their communities on the weekend. More are expected to return today, including 140 from Cold Lake, Alta. Nearly 4,500 people are still out of their homes. There are still 100 fires still burning in the province, being fought by more than 1,500 firefighters and soldiers. THE CANADIAN PRESS

BRITISH COLUMBIA

Two police shootings probed

British Columbia's police watchdog is investigating its second police shooting in three days after officers killed a distressed man in Surrey early Saturday, sparking alarm from civil liberties advocates.

The Independent Investigations Office (IIO) said police responded to reports of a suicidal man outside Surrey RCMP headquarters before a struggle ensued and he was fatally shot.

A police officer suffered a non-life-threatening gunshot wound and was taken to hospital.

The incident followed a fatal RCMP shooting in Dawson Creek on Thursday evening outside a BC Hydro public hearing on the contentious Site C dam project.

B.C. Civil Liberties Association executive director Josh Paterson said police in the province have received more mental health and de-escalation training in recent years, yet shootings of people in apparent distress continue.

"You can put in more training modules at police academies. How is that translating out into operations in the field?" Paterson asked. "Police are entrusted with the ability to use force and to use lethal force. With that comes a really high standard of accountability."

The IIO has responded to six officer-involved shootings in B.C. since the beginning of April, including in Vancouver, Burnaby, Salmon Arm and Port Hardy.

THE CANADIAN PRESS

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UNIVERSAL CHILD CARE

Boon for suburban Tories: Analysis

Most of what is billed as the largest, one-time benefit payment in federal history is likely to hit suburban voters living in federal ridings where the Conservatives can be considered the party to beat, an analysis by The Canadian Press shows.

Number-crunching based on the last census shows that many of the ridings in line to get the biggest cheques from the newly increased Universal Child Care Benefit are in suburban Alberta and the all-important ridings that surround Toronto — and they usually have a history of tilting Tory.

Only two of the top 20 destinations for the enriched UCCB payments landing on July 20 are locations where the opposition NDP would be considered the favourite; and one more in the top 20 would be considered a Liberal seat. That leaves 17 seats that could be considered Conservative-leaning, home to the voters who could receive the biggest financial windfall when almost $3 billion in child care benefit payments are mailed on Monday.

The majority of spending continues to go to Conservative ridings — 15 of the top 20 — even after adjusting the payments to take into account the estimated percentage of families who haven't signed up for the enhanced benefit.

Opposition parties have criticized the government for giving out the increased benefit payment, backdated to the start of the year, as an election ploy to buy votes.

But all three main parties have released platform planks designed to woo families who tend to concentrate in the key suburban ridings that could swing the federal election. "The demographic that (parties) are all fighting for are the parents, the kids, the families that are just starting out. So this is why this puts (child care) up on the agenda," said Kathy Brock, an expert on party politics from Queen's University in Kingston, Ont.

Since 2006, the government has handed out monthly payments of $100 for every child in Canada under age six. That changes on Monday as the payment rise to $160 a month, and children age six to 17 earn their parents $60 per month. The increased payments are retroactive to the start of the year, meaning the payments this month will be higher than any before: Up to $520 for children under six, and up to $420 for every child six to 17. THE CANADIAN PRESS

Election call political calculus for Conservatives

POLITICS

New rule means the longer the campaign, the more everyone can spend

What voters will decide on Oct. 19 is beyond the Conservatives' control. But one thing is firmly in their grasp: When to drop the writs that will take them to the polls.

Exactly what day Prime Minister Stephen Harper will visit the Governor General to make the formal request to dissolve Parliament and call the election has been the source of weeks of political speculation. And with good reason — it's ultimately a political calculus of the Conservatives' own devising.

Although a law passed in 2007 set a fixed election date for Parliament, it didn't set a fixed length on how long the election campaign could be, only how short — no less than 37 days including the day it begins.

Fast forward to 2014 and the introduction and subsequent passage of the contentious Fair Elections Act, which among other things changed the rules around campaign finance. In short — the longer the campaign, the more everyone can spend.

> **"Word is Stephen Harper could call the election early.... The longer the election, the more money the Conservatives can spend attacking us.** NDP fundraising pitch

As the party sitting on the biggest war chest, there's no question the Conservatives would want to start the election sooner rather than later, the New Democrats suggested.

"Word is Stephen Harper could call the election early, in as little as 25 days," reads a fundraising pitch sent by the party last week. "It's not hard to see why — the longer the election, the more money the Conservatives can spend attacking us."

The sooner the writs are dropped, the sooner the Conservatives could also potentially curb third-party groups like Engage Canada, a union-backed organization currently running ads against them, much to their frustration.

Right now, groups like that also have no limits on spending, but if they spend $500 on ads after an election call, they must register as a third party. Then, limits come into effect, though they are also increased according to the length of the election.

Then there's the other side of the political coin.

Once the election has begun, government institutions can no longer advertise unless they have a legal obligation to do so or it's a public safety matter. THE CANADIAN PRESS

Exactly what day Prime Minister Stephen Harper, pictured on July 4, will visit the Governor General to make the formal request to dissolve Parliament and call the election has been the source of weeks of political speculation. LARRY MACDOUGAL/THE CANADIAN PRESS

UKRAINE

Canadian bomb techs train soldiers

Canadian bomb disposal troops are instructing Ukrainian troops over the next couple of weeks on how to better deal with the growing menace of improvised explosives in the eastern part of the war-torn country.

The soldiers, from the 4th Engineering Support Regiment, based in Gagetown, N.B., are in Yavoriv, Ukraine to impart skills hard-won in the over decade-long Afghan war.

In total, there are 15 Canadians involved in an annual 17-nation exercise, known as Saber Guardian/Rapid Trident 15, which is separate from the soon-to-be launched combat training mission.

Detecting and dismantling bombs will be a key part of that effort to bolster Ukraine's hard-pressed national guard, which has suffered horrific casualties from both roadside bombs and artillery. THE CANADIAN PRESS

IN BRIEF

Be careful taking pictures of funnel clouds: Official

Environment Canada officials are warning the public to be careful when snapping pictures of dangerous weather events such as tornadoes. Meteorologist Mark Melsness says photos of events such as the funnel cloud that touched down briefly yesterday near Lake Winnipeg can be useful to determine the severity of storms. But he advises against running out into bad weather just to snap a few frames of it. THE CANADIAN PRESS

ANONYMOUS

RCMP national site goes offline Sunday

The RCMP's website was down for several hours on Sunday, but the cause of the outage was not immediately clear. The site was back online by Sunday evening.

The outage comes a day after the cyber group Anonymous vowed to target the force to raise awareness about an RCMP officer involved in a shooting incident in B.C.

Anonymous has no identifiable leadership but online posters who say they're members have claimed responsibility in the past for hacking incidents including the shutdown of the city of Cleveland's website last fall.

The website of Canada's spy agency, the Canadian Security Intelligence Service, was recently taken down by a cyberattack.

Police in the northern B.C. community of Dawson Creek shot and killed a man last Thursday who they say refused to comply with officers' instructions.

Social media posts claim the man was affiliated with Anonymous. THE CANADIAN PRESS

Trump's controversy shtick faces greatest test

POLITICS

Real estate tycoon says McCain not a war hero

In one of the multiple books he's written about himself, Donald Trump lays out a secret of his success: be outrageous, be controversial and get lots of attention.

That old formula from his business career is now undergoing an unprecedented trial in the laboratory of a U.S. presidential campaign and the result could include more controversy than desired by even the most boastful billionaire.

Some fellow Republicans began urging Trump to apologize or drop out of the race over the weekend after he made fun of Sen. John McCain, his recent nemesis, for having been a prisoner of war.

The sudden eruption of opprobrium let loose the bubbling, weeks-old frustration among the Republican establishment that a man President Barack Obama once referred to as a carnival barker might transform their presidential contest into a circus. Any doubt over the Republican National Committee's desire for him to disappear was erased by its decision to scold him in a formal press release.

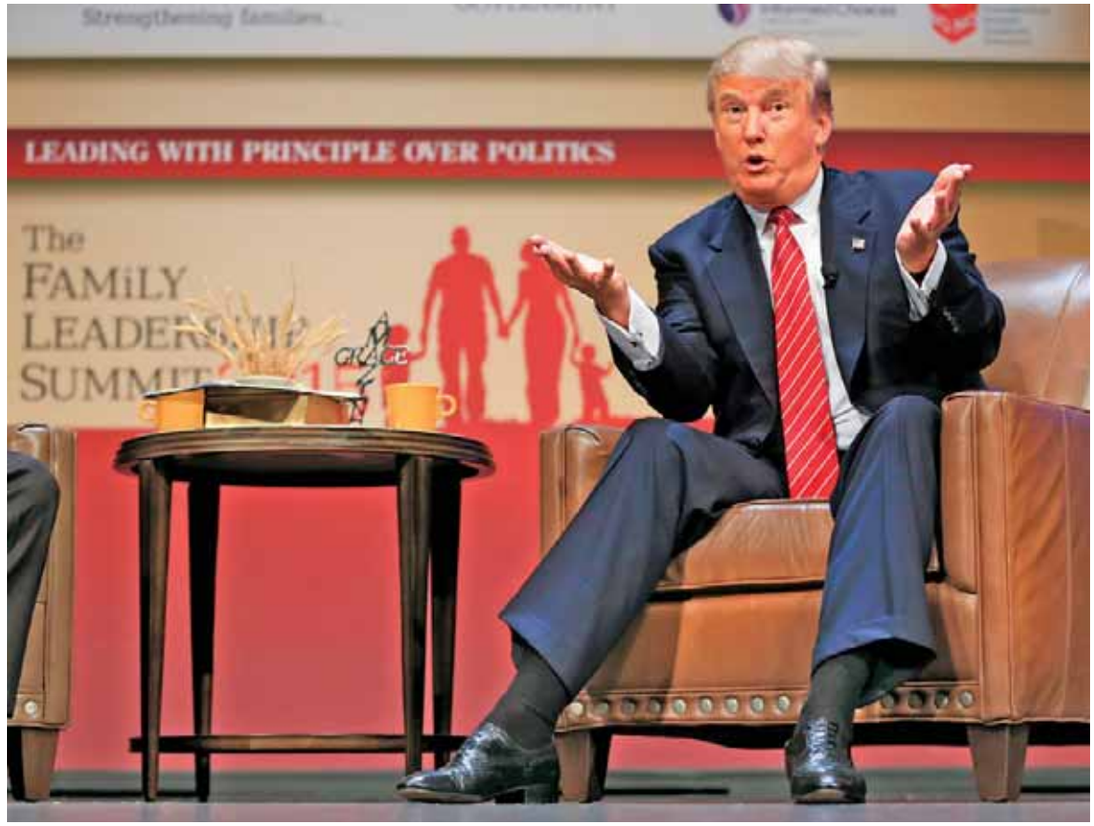
But Trump is having none of it. Not only did he refuse to apologize to McCain — he hit him even harder Sunday. He said it's the Arizona senator who should apologize, because veterans' services are so poor in the U.S.

The spat with McCain began after Trump, in his presidential campaign launch speech, referred to undocumented Mexicans as rapists, criminals and drug-dealers.

The party's more moderate faction fumed that such talk, while possibly thrilling some of their grassroots primary audiences, would cause long-term damage for the party with the fast-growing Hispanic community.

McCain jumped in and accused Trump of "firing up the crazies."

THE CANADIAN PRESS



Republican presidential candidate, real estate mogul Donald Trump, speaks at the Family Leadership Summit in Ames, Iowa, Saturday. NATI HARNIK/THE ASSOCIATED PRESS

> **I will say what I want to say ... And maybe that's why I'm leading in the polls. Because people are tired of hearing politicians and pollsters telling the politicians exactly what to say.** Trump to ABC

IN BRIEF

Ex-president Bush leaves Maine hospital after breaking bone

Former President George H.W. Bush was released from a Maine hospital on Sunday, four days after the 91-year-old fell at his summer home and broke a bone in his neck.

Bush spokesman Jim McGrath said that "a very grateful" Bush returned home to Kennebunkport from Maine Medical Center after treatment for a fractured vertebra.

"He is in good enough condition that they can continue his recovery at home," McGrath told The Associated Press.

Doctors say Bush didn't suffer nerve damage when he fell Wednesday. They said they anticipate the 41st president will recover fully in three or four months.

THE ASSOCIATED PRESS

Retired archbishop off intensive treatment but remains in hospital

Retired archbishop Desmond Tutu has completed treatment for an infection but will remain in the hospital for observation, his foundation said Sunday.

The Desmond and Leah Tutu Foundation statement said Tutu was off the intravenously administered intensive antibiotics treatment, but would stay a few more days in the hospital.

Tutu's daughter Mpho Tutu said her father was in good spirits when she went to visit him. Tutu was "filled with gratitude for the care he was receiving and for the love and prayers of friends around the world," she said in the statement.

The 83-year-old Nobel laureate was admitted to a Cape Town hospital last Tuesday where he received treatment for a "stubborn infection." THE ASSOCIATED PRESS

Chris Hollingsworth prays by a makeshift memorial outside the Armed Forces Career Center, Saturday, in Chattanooga, Tenn. MARK ZALESKI/THE ASSOCIATED PRESS

CHATTANOOGA

Shooter's family says he suffered from depression

The family of the gunman who killed four Marines and a sailor in Chattanooga says he had suffered from depression for many years and "was not the son we knew and loved."

"It grieves us beyond belief to know that his pain found its expression in this heinous act of violence," the family of Muhammad Youssef Abdulazeez said in a statement issued Saturday through a lawyer.

Law enforcement officials did not return calls seeking comment on the family's assertion that Abdulazeez was suffering from depression.

Counterterrorism investigators, meanwhile, continued to interview Abdulazeez's acquaintances and delve into his months-long visit to Jordan last year, looking for clues to who or what might have influenced him and set off the bloodshed Thursday.

The 24-year-old Kuwait-born Abdulazeez opened fire at a military recruiting office and a Navy-Marine operations centre a few miles apart. Family members said they are co-operating with the investigation.

THE ASSOCIATED PRESS

U.S. defence secretary to sell Iran deal to Mideast

GEOPOLITICS

Still ready to use military force against Iran: Secretary

U.S. Defence Secretary Ash Carter said Sunday he has no expectation of persuading Israeli leaders to drop their opposition to the Iran nuclear deal, but will instead emphasize that the accord imposes no limits on what Washington can do to ensure the security of Israel and U.S. Arab allies.

"Our ability to carry out that strategy is unchanged," Carter told reporters aboard his plane en route to Tel Aviv.

The Obama administration reserves the right to use military force against Iran if necessary, he added, although the nuclear deal is intended to preclude that by resolving the issue diplomatically.

Carter is scheduled to meet with Israeli Defence Minister Moshe Yaalon on Monday and with Prime Minister Benjamin Netanyahu on Tuesday before travelling to Saudi Arabia and Jordan to consult on the implications of the Iran deal and to assess progress in the regional campaign against the Islamic State. One of the bases used for U.S.-led training and arming of moderate Syrian rebels is in Jordan, and the Jordanian air force has carried out strikes against the Islamic State militants in Syria. One Jordanian pilot was captured and killed by the militants.

Netanyahu has been harshly critical of the Iran nuclear deal, asserting that it clears the way for Iran to build nuclear weapons that would threaten Israel's existence and ultimately diminish U.S. and global security.

"I'm not going to change anybody's mind in Israel," Carter said in the interview. "We can agree to disagree."

In his remarks, Carter repeatedly mentioned that the Iran deal places no limitations on the U.S. defence strategy or its military presence in the Middle East, which includes warplanes, an aircraft carrier and tens of thousands of troops. He gave no indication, however, that the Pentagon plans immediate moves to bolster that presence, which is anchored by the Navy's 5th fleet headquarters in Bahrain, an air operations centre in Qatar and a military headquarters in Kuwait running the war against the Islamic State in Iraq and Syria.

> **I'm not going to change anybody's mind in Israel.**
> Ash Carter

Ash Carter, U.S. Defense Secretary, speaks to the media on a military aircraft Sunday en route to Tel Aviv, Israel, from Andrews Air Force Base, MD. CAROLYN KASTER/THE ASSOCIATED PRESS, POOL

YEMEN

Rebels shell town

Shiite rebels and their allies in Yemen randomly shelled a town Sunday outside of Aden after losing control of some the port city's neighbourhoods, killing at least 45 people and wounding 120, officials said.

The violence highlighted the bloody chaos of the civil war gripping the Arab world's poorest country, which also has been the target of Saudi-led, U.S.-backed airstrikes since late March.

A leader with the Shiite rebels, known as Houthis, denied shelling Dar Saad, a town just north of Aden and long home to fighters resisting their advances. But Yemeni medical officials and a doctor with an international aid organization said the shelling clearly came from the north and east of Dar Saad — areas under rebel control.

Aden, the scene of some of the war's fiercest ground battles, saw Saudi-backed troops and fighters seize from the Houthis some of its neighbourhoods and its international airport last week. Sunday's shelling in Dar Saad appeared to be a way to both punish those resisting the Houthis, as well as halt the advance of their opponents.

Yemeni medical and military officials said hundreds of residents fled Dar Saad amid the shelling as ambulance rushed through the streets, sirens wailing. They said the shelling killed at least 45 people and wounded 120, all believed to be civilians.

The officials spoke on condition of anonymity as they weren't authorized to brief journalists.

Hassan Boucenine, the head of Doctors Without Borders in Yemen, called the situation in Dar Saad "very, very difficult." He said his medical facilities had received 50 wounded people and 25 corpses.

"There will be more," he said.

THE ASSOCIATED PRESS

A Yemeni man carrying his daughter looks at a building destroyed during fighting against Houthi fighters in the port city of Aden, Yemen, Sunday. AHMED SAMEER/THE ASSOCIATED PRESS

IN BRIEF

Pro surfer filmed fighting off shark attack

Knocked off his board by an attacking shark, a surfer punched the creature before escaping unharmed during the televised finals of a world surfing competition in South Africa on Sunday.

Three-time world champion Australian surfer Mick Fanning was struck by the shark from behind and knocked into the water as he sat on his board waiting his turn during the JBay Open in Jeffrey's Bay in the Eastern Cape Province.

As he scans the water, two fins appear and with a splash he disappears under the surface. He is next seen furiously trying to swim to safety before a rescuer pulls him out of the water.

THE ASSOCIATED PRESS

Fire crews contain California highway wildfire

A rare summer storm allowed firefighters to contain 60 per cent of a wildfire that swept across a California interstate highway, torching vehicles and sending people running for their lives.

Light rain and moist air dampened the blaze in the mountainous Cajon Pass, 55 miles (89 kilometres) northeast of Los Angeles, the main artery between Southern California and Las Vegas.

The wind-driven fire was sparked Friday afternoon below the elevated lanes of Interstate 15. Pushed by 40 mph (64 kph) winds, it raced up a hill and onto the traffic-clogged freeway, trapping hundreds of people amid a cauldron of smoke, flames and ash. THE ASSOCIATED PRESS

TERRORISM

British PM calls for greater role fighting Islamic extremism

Prime Minister David Cameron says Britain needs to take a greater role in destroying the Islamic State group in Syria — his most direct signal to date that he will seek to expand his country's role in supporting the United States and its allies.

In remarks made to NBC News' Meet the Press, Cameron said Britain must do more fight the group, also known as ISIL. The remarks posted online Saturday follow a commitment to meet NATO targets on military spending and make plain that Britain now sees the Islamic State group as an explicit threat to national security.

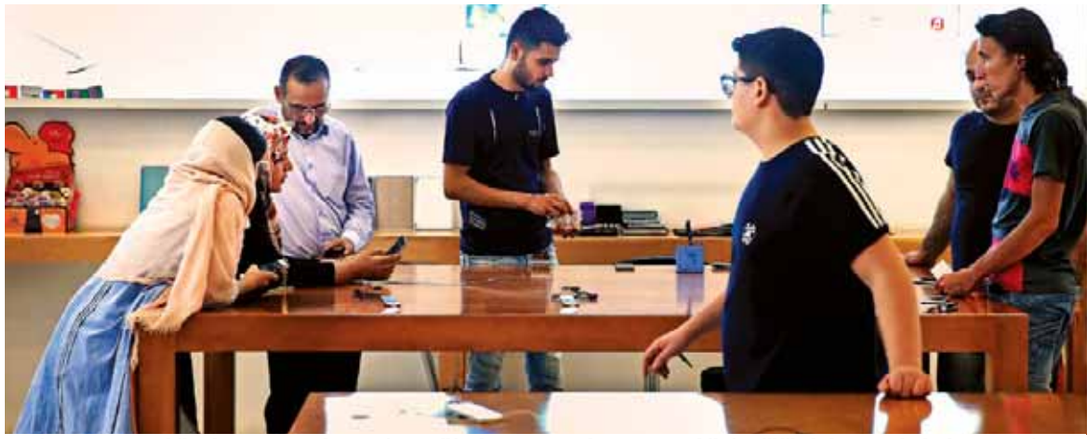
"We know that we have to defeat ISIL, we have to destroy this caliphate, whether it is in Iraq or in Syria," he said.

The remarks come only days after Britain's Ministry of Defence acknowledged that British forces have already conducted air strikes over Syria — albeit only when embedded with coalition forces. Britain has been carrying out surveillance and air-to-air refuelling over Syria and launching attacks on neighbouring Iraq, and Defence Secretary Michael Fallon has argued that the mission should be expanded to Syria.

> **We know that we have to defeat ISIL, we have to destroy this caliphate, whether it is in Iraq or in Syria.**
> British Prime Minister David Cameron

Cameron is seeking support from the opposition Labour Party, in an effort to build a unified national position and avoid another embarrassing defeat on Syria. Labour opposed an effort to join U.S. attacks on Syria in 2013, though that vote centred on strikes to disrupt the use of chemical weapons by Bashar Assad's government.

The British leader also spoke of the need to persuade young Britons to reject Islamic extremism. THE ASSOCIATED PRESS



Iranians try out mobile phones at an electronics mall in downtown Tehran, Iran. While it will likely be months before sanctions on Iran ease, business and political leaders in Europe and Asia have wasted no time in sending delegations to the country to help gain an early foothold in the Iranian economy. EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Europe, Asia dispatch trade delegates to Iran

ECONOMY

U.S. restrictions will keep some firms out of $400B market

The nuclear deal is done. Now it's time to talk business.

While it will likely be months before sanctions on Iran ease, business and political leaders are wasting no time in trying to tap into a large and what they hope will be a lucrative Iranian market.

Germany dispatched a large trade delegation to Tehran on Sunday. Spain has a similar trip planned, and France's top diplomat is eyeing a visit too. Ads for European cars and luxury goods are starting to reappear in Tehran. Airlines in Dubai are quickly adding new Iran routes to meet growing demand.

American firms, though, have to be much more cautious. Deal or no deal, U.S. sanctions not related to the nuclear program will still be in place and bar most American companies from doing business with Iran.

That means they stand to lose out to European and Asian companies — some that still have business contacts in the country before sanctions were tightened in recent years.

"It's easier to say who is at a disadvantage. And that will be U.S. firms," said Torbjorn Soltvedt, principal Mideast analyst at risk advisory company Verisk Maplecroft.

On paper, Iran holds plenty of promise. Two and a half times the size of Texas, it is home to some 80 million people, sits atop the world's fourth-largest oil reserves and the second-biggest stores of natural gas, and has well-established manufacturing and agricultural industries contributing to a $400 billion economy.

> **It's easier to say who will be at a disadvantage. And that will be the U.S.**
>
> Torbjorn Soltvedt, analyst with risk Verisk Maplecroft

London-based Capital Economics estimates the economy could surge ahead by six to eight per cent annually over the next several years as sanctions ease.

"Everything is in place for economic growth," said Dominic Bokor-Ingram, portfolio adviser at British asset management firm Charlemagne Capital. His company announced a plan to launch Iranian investment funds in partnership with an Iranian company earlier this year.

"Iran has infrastructure, it has the institutions, it has the education," he added. "It has a lot of highly educated people who will go back to Iran if sanctions are lifted."

Tapping the market won't be easy.

The elite Revolutionary Guard is deeply involved in the economy and corruption is such a problem that President Hassan Rouhani lamented late last year that once-secret bribes are now being handed out openly. Iran ranks only 130 out of 189 economies on the World Bank's ease-of-doing-business list.

Assuming the deal goes ahead as planned it will still take at least several months until nuclear-related sanctions are lifted. And those sanctions can quickly be slapped back on if Iran fails to live up to its end of the bargain.

That means many multinationals are unlikely to commit to big investments in the immediate future, though the staggered sanctions relief also gives companies time to gear up their operations, analysts say. THE ASSOCIATED PRESS

SPORTS

Sagging loonie puts pro teams on the ropes

Canada's professional sports teams are facing the prospect of being priced out of the competition as the Canadian dollar flirts with values not seen in more than half a decade.

Canada's NHL, NBA and Major League Baseball franchises pay their players in American dollars but collect most of their revenue in Canadian currency, so the loonie's drop to below 77 cents U.S. by the end of last week puts a strain on their bottom line.

Economist Glen Hodgson wrote a book on the business of professional sports, and he says the exchange rate is one of the biggest concerns for professional sports teams in Canada.

"It's going to cost them more and more," he said.

In the mid-1990s, when the Canadian dollar was worth less than 75 cents U.S., the country lost multiple franchises as the Quebec Nordiques, Montreal Expos and Winnipeg Jets all moved south.

"Even if the Nordiques were selling out, they had to make $1.40 for every U.S. dollar of salary," he said. "That added a huge cost burden to those franchises to the point where it just wasn't sustainable."

Although the relationship between payroll and performance isn't perfect, Hodgson said, teams have to pay their best players and attract high-value free agents if they want to remain competitive and retain the interest of fans.

Professional teams in big cities with broad support such as the Toronto Raptors or the Montreal Canadiens will be able to weather the storm, Hodgson said, but those in smaller markets such as the Ottawa Senators or the resurrected Winnipeg Jets could have a harder time.

"The danger is if you don't draw, you can't pay, you can't attract the good players," he said. "It can become a negative feedback loop."

Richard Peddie, the former president of Maple Leaf Sports and Entertainment, said the gap in exchange rates can add up to millions in losses for a team. Coaches and general managers are often paid in U.S. dollars too, he added.

"The owners are not going to like what it does to the bottom line, but they want to win," he said.

Hodgson said while the exchange rate may be of greater concern to teams now than it was two years ago, they can survive.

"Most franchises can find a way through this," he said. "They just have to be clever." TORSTAR NEWS SERVICE

IN BRIEF

Mitsubishi apologizes to 94-year-old U.S. POW

Saying they felt a "deep sense of ethical responsibility for a past tragedy," executives from Mitsubishi Materials Corp gave an unprecedented apology Sunday to a 94-year-old U.S. prisoner of war for using American POWs for forced labour during the Second World War. About 12,000 U.S. prisoners were shipped to Japan and forced to work at more than 50 sites to support imperial Japan's war effort, and about 10 per cent died, said Kinue Tokudome, director of the U.S.-Japan Dialogue on POWs, who has led the lobbying effort for companies to apologize. THE ASSOCIATED PRESS

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Germany pledges flexibility

GREECE

Debt write-off ruled out by Merkel despite remarks

Chancellor Angela Merkel on Sunday suggested that Germany would show flexibility in negotiating how Greece deals with its massive debt, but again ruled out writing off part of the money.

Speaking on ARD television's Bericht aus Berlin program, Merkel said that "a classic haircut of 30, 40 per cent of debt cannot happen in a currency union."

But Merkel, who persuaded German lawmakers on Friday to give their overwhelming backing to another financial rescue package, suggested that she was open to discussing ways to lessen the burden on Athens.

She said, for example, Greece previously has been given more favourable interest rates, time extensions and other relief

"We can talk about such things again," she said, but added such talks could only begin after details of Greece's bailout program are finalized.

Though the broad outlines of the Greek bailout were agreed last Monday by the eurozone's 19 leaders, the details are now being negotiated.

The discussions, expected to last four weeks, will include economic targets and reforms deemed necessary in return for an anticipated 85 billion euros ($93 billion US) over three years.

Merkel pushed for them to move as quickly as possible, saying that it was important that "the country gets back on both feet quickly."

Asked about Finance Minister Wolfgang Schaeuble's suggestion last week that Greece could take a five-year "timeout" from the shared euro currency to address its economic problems, Merkel said the idea of a "Grexit" was no longer on the table.

"The option was discussed but we decided on this option, which was quite apparently the right one for all the other" eurozone nations, she said.

Talking to Parliament on Friday, Merkel said the alternative to the new rescue package "would not be a timeout from the euro that would be orderly ... but predictable chaos."

German Vice Chancellor Sigmar Gabriel, who is also economy minister and chairman of Merkel's junior coalition partner, the Social Democrats, on Sunday criticized Schaeuble for bringing up the idea of a timeout, saying "it wasn't prudent to make this suggestion as a German suggestion."

He suggested there was a disconnect between Merkel and Schaeuble, but the finance minister downplayed any differences. THE ASSOCIATED PRESS

German Chancellor Angela Merkel talks with journalists Reinald Becker and Tina Hassel prior to an interview at the studios of German public broadcaster ARD, in Berlin, on Sunday. MARKUS SCHREIBER/THE ASSOCIATED PRESS

$93 billion

The coming four weeks of negotiations are expected to set out the economic targets and reforms Greece must follow in order to receive $93 billion US ($85 billion euros) in bailout funds.

ECONOMY

Greek banks reopen

Greek banks are reopening today after a forced three-week closure, but restrictions on cash withdrawals will remain.

In a decree Saturday, the Greek government kept the daily cash withdrawal limit at 60 euros ($65 US) but added a weekly limit of up to 420 euros ($455 US).

Bank customers will still not be able to cash cheques, only deposit them into their accounts.

The decree also pushes back the deadline for filing income tax returns, which now becomes Aug. 26.

Greece closed its banks beginning June 29 to prevent a bank run after the European Central Bank did not increase emergency funding as Greece's second bailout expired. After the Greek Parliament passed an agreement Thursday to seek a third bailout the ECB raised its emergency funding to the cash-strapped Greek banks.

On Friday, German lawmakers voted 439-119 in favour of opening discussions on Greece's third bailout. THE ASSOCIATED PRESS

IN BRIEF

Canadian pleads guilty to fraud charges in U.S. court

A Canadian man has pleaded guilty in a New York court to conspiring to commit wire fraud.

The FBI says Sandy Winick pleaded guilty on Friday and faces a maximum sentence of 20 years in prison.

An FBI news release says Winick, 57, was the leader of a multimillion-dollar scheme that used call centres around the world to defraud victims.

The agency says the scheme involved collecting advance fees from investors for the purchase of penny stocks but no services were provided. The FBI says victims were defrauded of more than $5 million.

Winick was extradited from Thailand to face the American charges. The FBI says the Ontario man is the seventh person to plead guilty in the case. THE CANADIAN PRESS

Animal terminal to open in New York's JFK airport

Jet-setting stallions and high-flying hounds at New York's Kennedy International Airport can look forward to their own new luxury terminal.

The $48-million private facility is called The ARK at JFK. It'll handle more than 70,000 animals flying in and out of the airport every year, from cats and dogs to horses, cows, and even sloths and aardvarks.

Animals will have their own climate-controlled stalls, and doggies will occupy hotel suites featuring flat-screen TVs, bone-shaped splashing pools and spas. The animal terminal opening next year will replace the Vetport from the 1950s. THE ASSOCIATED PRESS

MEDICAL MARIJUANA

Canadian producers eye oversea expansion

As Canada's burgeoning medical marijuana industry ignites, a number of local pot producers are looking to take their homegrown expertise abroad.

"With the cannabis market across the world expanding and opening up, that's presenting opportunities for Canadian producers," says Neil Closner, the chief executive of Toronto-based MedReleaf Corp.

Analysts say Health Canada's strict quality controls make exporting plants grown in Canada to other jurisdictions a cost-prohibitive proposition. Instead, Canadian producers are looking to take what they have learned at home to set up new corporate entities in other countries.

"The strict regulatory environment has, in effect, made producers jump through hoops and pass some pretty high barriers in order to be compliant, and there are lots of lessons they've learned along the way," says Daniel Pearlstein, a life sciences analyst with M Partners.

MedReleaf, which has partnered with a U.S. company called Compassionate Care Center of New York, is currently in a tight race for one of five medical marijuana licences in New York State. Closner said he expects the winning bids to be announced by the end of July.

Although MedReleaf was initially drawn to the geographic proximity — and the large population — of New York State, the company has also set its sights on more far-flung regions in Europe and South America for potential growth.

"The regulations have allowed us to learn enough, and to scale up enough, that we feel, at MedReleaf, that we have enough expertise to actually export Canadian knowledge to other areas of the world," said Closner.

Tweed Marijuana Inc., the Smiths Falls, Ont.-based marijuana company that recently announced plans to acquire Bedrocan Cannabis Corp., is also looking overseas for growth in countries considering the adoption of medical or recreational marijuana programs.

Chief executive Bruce Linton says the company will spend the remainder of this year beefing up its domestic operations, with international expansion slated for 2016.

"I want to first make sure we become the dominant supplier that is cash-flow positive and has a very significant market share in Canada — and then use that expertise and credibility to pursue international expansion," said Linton. THE CANADIAN PRESS

As Canada's medical pot industry ignites, local producers hope to take their expertise abroad. HO/TWEED MARIJUANA INC./THE CANADIAN PRESS

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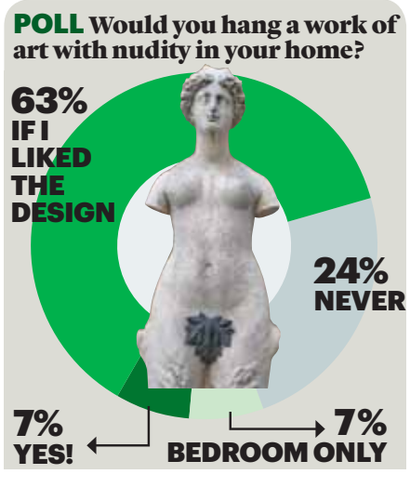
THE BIG POLL: EDGY ART

The art is about symmetry as a symbol of beauty and purity. But the symmetry of the human body in the explicit images of artist Rosalie Maheux's collage, Sacred Circle VI, has the power to offend as well as inspire. Her piece had been quietly hanging in a gallery on the campus of the Ontario legislature when its not-safe-for-work content was discovered, much to the chagrin of some. We asked our readers where they draw the line between art and pornography.

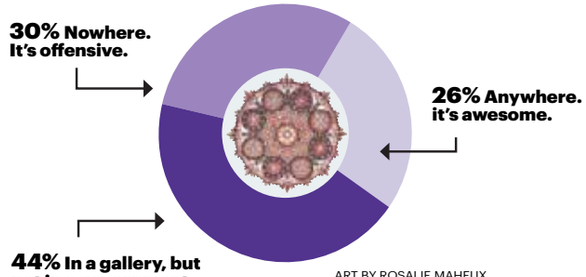
What's the difference between art and porn?

- **33% Depends on the intention and meaning.**
- **26% None. Art is in the eye of the beholder.**
- **23% I know the difference when i see it.**
- **18% Art is tasteful, porn is titillating .**

POLL Would you hang a work of art with nudity in your home?



WHERE DO YOU THINK IT'S OKAY TO DISPLAY MAHEUX'S PIECE?



ART BY ROSALIE MAHEUX

377 RESPONDENTS Visit metronews.ca every Friday to answer The Big Poll.

You can help rewrite the municipal election rules

COLLINS' CAPITAL

Steve Collins

One of the biggest problems with how we elect our city government is most of us simply don't bother.

Last fall, 39.7 per cent of eligible voters in Ottawa showed up to the polls: Neither our best nor our worst performance in recent years. Fewer than four in 10 voters get their collective civic butt off the couch, and that's become normal.

So it was energizing to be at city hall for a meeting of about 50 democratic diehards discussing the finer points of the Municipal Elections Act, which the provincial government is currently reviewing.

One change the province proposes is giving city councils the option to use a ranked ballot in place of the usual first-past-the-post one. Instead of voting for one candidate, you rank them in order of preference. The candidate with the fewest votes is eliminated, and the votes they got are reassigned to their supporters' next choice. Rinse and repeat until one candidate reaches a clear majority of 50 per cent support and wins.

The idea is to give elected councillors a clearer mandate, and cut down on vote-splitting, strategic voting and other phenomena that increase voter frustration and cynicism — and probably suppress turnout.

It's also supposed to squelch mudslinging, because if you're angling for the second choice of the other candidates' supporters, you're less likely to alienate them by attacking their first choice. Voters might be more likely to participate in elections if they're less ugly and divisive.

Ranked ballots are no cure-all. I'm not sure how carefully considered those second, third and fourth choices would be, when most voters may recognize the name of their incumbent councillor, and maybe their main challenger.

But maybe if we felt our votes had more influence, we'd become more informed.

The provincial government has to give us the option first. Sarah Hoffmann, the Ministry of Municipal Affairs and Housing's policy lead on the legislation, told the meeting why the provincial government sets the rules: "Councils have a fairly limited amount of authority because, honestly, councillors tend to have a bit of a vested interest in elections and how they work."

A group of politicians who have just seen themselves elected is likely to think the system is working as it should.

Even if the province permits ranked ballots, it would still be up to councillors, who prevailed the fall's low-turnout, first-past-the-post election, to risk their own re-election by changing the rules. Their performance so far doesn't give me much hope.

Our lousy turnout suggests voter engagement in this city needs all the help it can get. If you didn't vote last time around, would a ranked ballot make you more likely to? If not, what would? The province is still looking for your input until July 27. If you've got something to say, go to Ontario.ca/municipalelections and say it.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

Economies of scale and animal rights can coexist on our farms

Sonia Faruqi has gone places you couldn't go, even if you wanted to.

She's visited the farms of Ontario. She's visited farms in Malaysia, Mexico, and Singapore, too — all of which led to her charming and disturbing new book, Project Animal Farm.

Grocery shopping, for me, is tinged with mystery. Where did the meat or eggs or yogurt come from? How was the animal raised and killed? What was it fed? And if I knew all of that, would I still think $12 is a great price for a chicken?

Most of us cannot find answers to those questions just by asking. Agriculture is a rather secretive industry, and farms are not easy places to visit (some factory farmers don't even let other farmers see their operations).

Enter the pleasant, insistent Faruqi.

Once a Wall Street banker, Faruqi's fateful visit to an organic dairy farm outside Toronto turned a financier into an investigative journalist, and a city girl into an animal-rights champion.

That is not to say Project Animal Farm is a militant call to vegetarianism or veganism.

There's nothing militant about it. The book is like sitting down for a cup of tea with a friend, only to be swallowed into a long story filled with quirky characters and random encounters, an escapade through farms and the people who work them.

The "kind, knowledgeable and respectful" Dr. Shan in Malaysia. Charlie, the "lanky as a lamppost" pig farmer. The warm, belligerent turkey and egg farmer Brick Roberts who thinks laws against drinking and driving are "communist," and who burns his garbage to reduce landfill waste.

It's a book that can read like a comedy, but the stakes couldn't be higher.

As the book shows in gruesome detail, the factory production of meat and animal products is anything but humane. It's also a major contributor to global warming and can even be a health hazard for workers. Even our efforts to buy organic, free-range or vegetarian-fed products don't necessarily coincide with well treated animals.

But Faruqi's book also shows farming doesn't have to be this way. Not all big farms are bad. Economies of scale and animal rights can coexist.

The book exists outside the activist exposés and agriculture lobby groups. It's a thankfully propaganda-free addition to the highly polarized debate over farming and animal rights. It's a good read, and for those who care how our food is farmed, a very good place to start.

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Ant-Man climbs to the top of the box-office heap with a $58M debut

Amy on going back to BoJack

BOJACK HORSEMAN

Amy Sedaris sees acting in mew light after animated hit

Matt Prigge
Metro in New York City

Amy Sedaris isn't crazy about watching herself or even listening to herself. "I hate all of it," she tells us. One exception is BoJack Horseman. On the Netflix show — whose second season launched on Friday — she plays Princess Carolyn, the manager and the on-again-off-again friend-with-benefits of its titular character, a former cheesy '80s sitcom star turned self-hating alcoholic fumbling through attempted comebacks, voiced by Will Arnett.

"A character like Princess Carolyn I don't mind listening to at all. It all depends on the project. But I like to watch this," Sedaris says.

She admits to feeling panicky with other projects, "because you can't change it. It's the same with the cookbook I did (I Like You: Hospitality Under the Influence). It's hard to go back and read it because I can't change anything. It drives me crazy."

Sedaris says she hasn't yet watched the second season, but then she didn't watch the first till after it was out, just like everyone else. She even learned new things about how to do Princess Carolyn's voice after actually seeing it.

BoJack (voiced by Will Arnett) and Princess Carolyn (voiced by Amy Sedaris) in Season 2 of BoJack Horseman. CONTRIBUTED

ANTHROPOMORPHIC
He's a horse, and she's a cat, but that's how it rolls in BoJack Horseman's world, where people and sentient animals cohabitate and often hook up.

> **It's strange not knowing what's going on around you**
> Amy Sedaris on being a voice star

"Once the first season came out, I saw that she moved more," she explains. "It's something you have to have in the back of your head. Maybe she doesn't talk too fast because she's moving really slow — little things like that."

The detachment from knowing what's exactly going on in the background of scenes — along with recording without the other actors — can be disorienting.

"It's like, 'Oh, I wish I had known there was a tree behind her because I would have made a comment about that. It's strange not knowing what's going on around you. If it was live action, you can take it all in. Here it's just your voice. But they're good at directing you."

It extends to the table reads, too. Most of the cast meets up in person in Los Angeles, but Sedaris phones in from New York.

"It's weird to do it over the phone while they're all in L.A.," she admits. "It's just so funny to be alone in my apartment listening to them. It's like sitting back and observing it without really seeing it."

Still, the detachment isn't as intense as it is for the animated films she's done, including Shrek the Third and Puss in Boots, where there are sometimes huge gaps in between when you record, even a year. "You always forget what you did," she says. "You go in so many times. With this you just go in once and record it. I like this process a lot."

Sedaris' distinctive bray has gotten her her share of animation work, including stints on Bob's Burgers, American Dad and Doc MacStuffins, in addition to live-action appearances on Broad City and Unbreakable Kimmy Schmidt.

She's never yet appeared on one of her longtime favourites: "The Simpsons, of course, is the best. I'm so glad it's still around. It's never going to die. I hope it never dies."

We don't have time to bug her about the topics that most people bug her about — her cult show Strangers with Candy and, speaking of which, her Candy co-conspirator Stephen Colbert and his forthcoming late night show — but do ask that, considering how BoJack is recorded, if she met a certain super-famous, for now super-secret guest voice star, about whom we'll keep mum.

"Oh, I know him very well," she says, laughing.

"I'd almost rather meet him this way. You don't want to meet them in person. It's too intimidating and scary. It's like, let's just do this on opposite coasts. Perfect."

EDUCATIONAL WEBISODES

Bill Nye the Science Guy adds emoji whiz to his repertoire

Bill Nye the Science Guy uses colourful emojis to teach science in a whole new way. CONTRIBUTED

Smiley face molecules? Rocket ships showing how fast the earth is heating up? Learning about science has never been more fun.

Energy management corporation General Electric has teamed up with Bill Nye, everyone's favorite Science Guy, for a series of educational YouTube videos, and he's using the most popular form of tech speak to teach students about science: emojis.

#EmojiScience breaks down complex scientific subjects — like evolution, super materials, holograms and climate change — using, you guessed it, emojis. The five-part series was inspired by last year's Emoji Science Lab pop-up lab at NYU, where thousands of students sent their favourite emojis to GE via Snapchat and received personalized science experiment videos in return.

"Snapchat, Facebook, Twitter — we're trying to reach young fans where they are already, and video is an important component of that," says Sydney Lestrud, GE's global brand marketing manager who masterminded the project.

"Bill (Nye) is a great educator, simplifying science and making it fun, and he was open to a new way of doing that."

"We wanted to use emoji(s) to tell stories in different ways," says Lestrud. "Not just to explain what GE is doing but to inspire a younger generation to want to learn more about (science)."

In addition to the webisodes — which you can find on YouTube — there's also an Emoji Table of Elements, which teaches students about key innovative moments throughout science history. In fact, GE is currently working with the U.S. National Science Foundation to create emoji science lesson plans for the classroom. And why stop there?

Says Lestrud: "Educators, tech influencers, museums … they're all looking for different types of curriculum we can 'emoji-fy.'"

ASIA EWERT/METRO IN NEW YORK

Your money talks, so listen

SPENDING

Take a hard look at what your budget says about you

I know how to eat healthy. I can talk your ear off about portion sizes and eliminating empty calories. My shopping cart doesn't lie though: It's BBQ season. Massive chunks of sizzling red meat are calling my name, even though I know I should only enjoy them in moderation.

In a similar fashion, taking an honest look at your budget can be a harsh look in the mirror. A lot of people know the lingo of personal finance and can repeat money commandments such as, "It's important to save for a rainy day," or, "Yeah, I intend to start paying myself first … as soon as I can." Yet our budgets often tell a very different story than the clichés we espouse.

Everyone has a budget, even if they don't realize it. If you refuse to write your spending down (or type it in into your tablet, smartphone, etc.) I call it a "budget by omission." This type of budget obviously says a lot about your level of commitment to really taking control of your financial life.

If you're in this camp you can take some solace in the fact that as a Canadian, you likely have a lot of company. Plenty of folks scrape by with a budget by omission until creditors come knocking or an emergency hits and unpleasant realities have to be confronted.

Once you take your first steps away from your budget by omission and figure out where you *are* spending your money (as opposed to where you *say* you're spending your money), the initial unpleasantness is a small price to pay for the accompanying stabilization and improvement of your life.

Your budget should be a reflection of what is truly important to you. If you currently don't have one, you're likely sacrificing something you truly enjoy for something that doesn't actually increase your happiness very much.

Is premium coffee really that important? Maybe it is — nothing wrong with that.

Maybe you're a rabid hockey fan, but are those season tickets really important enough to sacrifice 30 per cent of your paycheque? Could you split them with some buddies? Would you get nearly as much enjoyment out of 20 games a year as 40?

There is no right or wrong way to budget. No one can tell you what your priorities should be, but if everything is a priority, then nothing is. When I look at your budget, I should be able to tell to a large degree what you're passionate about and what matters most to you. If this isn't the case, then you might want to ask yourself what your budget is saying about you.

Kyle Prevost is a personal finance writer helping people save and invest at YoungandThrifty.ca.

Term to know

'budget by omission'

noun. when you refuse to write your spending down (or type it in into your tablet, smartphone, etc.).

As in: Plenty of folks scrape by with a budget by omission until creditors come knocking or an emergency hits and unpleasant realities have to be confronted.

$ BOTTOM LINE

- Are you spending money on areas that are important to you?
- If not, a budget will help you identify areas where you could easily cut back.
- Being honest about your priorities is better than refusing to look in the mirror.

FEMALE DIRECTORS

Ontario film studio fights 'celluloid ceiling'

Nichole Jankowski
For Metro Life

In an effort to promote the hiring of women as creative leads, Toronto-based TriBro Studios is offering a discount — half off the cost of studio fees — to female directors and showrunners. The campaign is extended to the studio's Old East York as well as future Durham Live locations.

The initiative began, as many things do, with a conversation about their children.

Peter Apostolopoulos, president of TriBro Studios, and Greg White, co-producer and colleague, have daughters aged nine and four respectively.

They, along with a growing number of researchers, advocates and industry insiders would like to see the gender gap in film shrink.

Apostolopoulos quoted the Celluloid Ceiling, an annual report that looks at the representation of women behind-the-scenes in the top 250 grossing films in the U.S. market. In 2014, only seven per cent of directors were female.

"We have daughters and we want a world where their gender has no bearing on the potential for them to succeed," said Apostolopoulos. "There's really no reason why these numbers can't be closer to 50 per cent."

In a risk-averse industry where financial barriers are a major roadblock to entry for emerging talent, Apostolopoulos and his brothers (Jim and Steve, TriBro co-founders, whose daughters are 10 and eight, and three) are hoping that the break is big enough to turn the heads of production companies.

Cofounder of Aberrant Pictures Hannah Cheesman says offering a studio discount for female-led projects will help address the gender gap in a concrete way.
DAVID LEYES/CONTRIBUTED

"One of the things that is so interesting about the numbers is that they are remarkably stable," said Martha Lauzen, founder of the Celluloid Ceiling, professor at San Diego State University and executive director of the school's Center for the Study of Women in Television and Film.

She's been tracking the employment of women in film for nearly two decades.

In Canada, where the stakes and budgets are often lower, the stats remain equally dismal.

"In the marketplace, Canada's diversity is our greatest strength and so why aren't we reflecting that diversity with our investment?" asked Rina Fraticelli, executive director of Women in View which produces a report based on Celluloid Ceiling looking at publicly funded film, TV and web series in Canada.

Of the 59 feature films supported by Telefilm Canada in 2013, only 18 per cent of directors were women.

But, said Mackenzie Donaldson, co-president (along with Hannah Cheesman) of production company Aberrant Pictures, this initiative is not just for women.

"It's for the film industry," said Donaldson. "It's going to help more projects get made."

More pictures being green-lit mean more jobs, and not just for women.

"It's nice to see not just initiatives that are groups or networking or skills-building aimed at women, but actually something that has to do with the realization of projects," said Cheesman.

"It could be the key to making a budget work," added Donaldson. "I think we're just a bit over the moon about the idea of this being here in Toronto."

Bill Cosby paid women after sex

SCANDAL

Fallen star says in old court records he was trying to keep affairs secret

Bill Cosby, in sworn testimony a decade ago, said he had paid women after sex to keep the affairs from his wife, suggested he was skilled at understanding nonverbal cues for sexual consent and called one of his accusers a liar.

The New York Times reported the revelations Saturday after obtaining a copy of a transcript from a deposition Cosby gave in a lawsuit filed by a former Temple University employee who alleges he drugged and molested her.

According to excerpts from the deposition released a month ago, and first obtained by The Associated Press, Cosby admitted he procured Quaaludes with the intent of giving them to young women he wanted to have sex with.

The Times, citing the transcript, reports that Cosby told lawyers for Andrea Constand, who worked at Temple in Philadelphia and brought the suit, that he was a "pretty decent reader of people and their emotions in these romantic sexual things."

He said he offered to pay for Constand's education and paid another woman whom he had met in 1976. He said he funnelled money to one of the women he had sex with through his agent so his wife wouldn't find out.

Cosby's publicist, David Brokaw, did not immediately return a message seeking comment late Saturday.

Although Constand never sought any money from Cosby, the comedian said he figured his wife would have known he was helping her with furthering her education but said, "My wife would not know it was because Andrea and I had had sex," according to the newspaper.

Constand's case was settled on confidential terms.

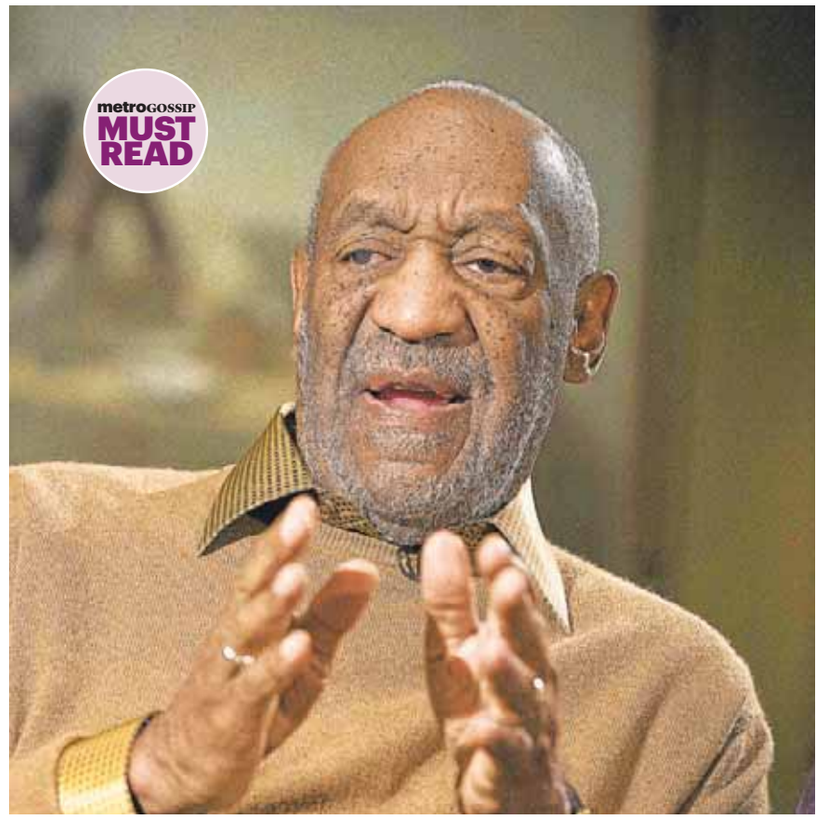
Cosby has denied accusations made by dozens of women who claim he sexually assaulted them. He has never been charged with a crime, but the accusations have shattered Cosby's good-guy, fatherly image.

At points during the deposition, Cosby also described his sexual encounters with the women in detail.

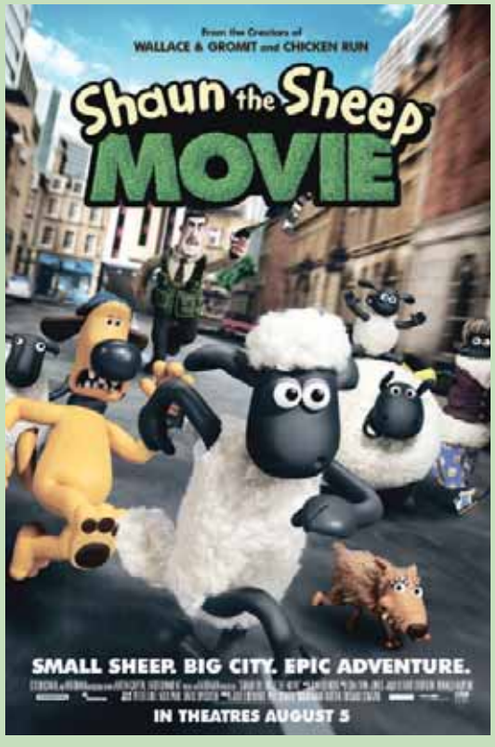
The deposition paints Cosby as emotionally charming, and he also spoke about disregarding relationships to pursue other women.

THE ASSOCIATED PRESS

> **My wife would not know it was because Andrea and I had had sex.**
> Bill Cosby, in decade-old deposition



Documents reveal that Bill Cosby not only obtained drugs with the intent of giving them to the women he was having sex with, but that he offered to pay for sex. THE ASSOCIATED PRESS


From the Creators of
WALLACE & GROMIT and CHICKEN RUN
Shaun the Sheep
MOVIE
SMALL SHEEP. BIG CITY. EPIC ADVENTURE.
IN THEATRES AUGUST 5

SMALL SHEEP.

BIG CONTEST!

IN THEATRES AUGUST 5TH

TWO GRAND PRIZES TO BE WON:

1 of 2 New Queen Size Serta Perfect Sleeper Mattress sets

TEN SECONDARY PRIZES TO BE WON:

1 of 10 pairs of advance screening passes to see Shaun the Sheep on July 25

VISIT clubmetro.com TO ENTER

Serta perfect sleeper

ELEVATION PICTURES

No purchase necessary. Contest open 12:01 am on July 20, 2015 to 11:59pm on July 23, 2015 to legal residents of Calgary, Toronto, Edmonton, Vancouver, Winnipeg, Halifax and Ottawa (ex QB) of age of majority in their province of residence at time of entry. Prizes available : 2 New Queen Size Serta Perfect Sleeper Mattress sets ARV $ 1500.00 each and 10 double passes to the advance screening of Shaun the Sheep per market. ARV $25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

LEGAL TROUBLES

Oz is serious about Depp dog stuff

Oh wow, so that Australian Agriculture minister wasn't just making empty threats about Johnny Depp and Amber Heard smuggling their Yorkies into the country back in May.

Heard was officially charged late last week with two counts of illegally importing pets and one count of producing a false document, violating Australia's strict quarantine regulations. Heard's charges carry a maximum sentence of 10 years in prison and a $102,000 fine if convicted, though I don't see that happening.

Amber Heard. GETTY IMAGES

Heard, it comes as little surprise, has previously said that she doesn't imagine her or Depp visiting the land Down Under again anytime soon.

NED EHRBAR/METRO

EXES

Penn's daughter still talks to Theron

This certainly isn't awkward at all. Sean Penn's daughter, 24-year-old model Dylan, says she's still keeping up with her dad's ex-fiancée, Charlize Theron, despite the couple calling it quits last month.

"She's the best," Dylan tells Us Weekly. "She's hilarious. She's very bold, in the best way." Dylan also reveals that Sean is dealing with the breakup by throwing himself into his work.

"He just went back to South Africa (for) reshoots for his movie that he did a couple months back," she explains. "His life is this movie. I've seen pieces of it, and it's a masterpiece." Well, the pieces of it she's seen, at least.

NED EHRBAR/METRO

IN BRIEF

Patrick Stewart reading Taylor Swift lyrics is everything

Oh, NPR. Sometimes you're just the best. The radio network has released a clip on which Sir Patrick Stewart is made to do a spirited, overly emotive reading of the lyrics to Taylor Swift's Blank Space. I honestly don't know how we made it this far in life without this, because now I can't imagine living without it.

NED EHRBAR/METRO

Amy Schumer sexts from Katie Couric's phone

I'd imagine this prank Amy Schumer pulled when she noticed Katie Couric's unlocked phone at an awards show was enough to convince Couric to up her security features.

"She left her phone open to a text from (her husband)," Schumer tells Jimmy Fallon. "I picked it up and I just without even thinking text him, 'I want to have anal tonight,' and I sent it." Or who knows, maybe Schumer just made their marriage even better.

NED EHRBAR/METRO

metro SPORTS
Your essential daily news

Tiger Woods shot a 151 in two rounds at the British Open to miss the cut for the third time in four majors

Three's a crowd at top of British Open leaderboard

GOLF

Irish amateur among those at 12 under, Spieth one back

10

Raging wind off the Eden Estuary caused a 10-hour delay Saturday and forced a Monday finish to the tournament.

Jordan Spieth was one shot out of the lead and one round away from the third leg of the Grand Slam. Not since Bobby Jones has an amateur won the British Open, and then along came Paul Dunne with a bogey-free performance Sunday at St. Andrews that gave him a share of the lead.

When a shootout at St. Andrews ended Sunday, 14 players were separated by three shots. Half of them were major champions.

Jordan Spieth GETTY IMAGES

Even for a place packed with centuries of history, this British Open offered endless possibilities.

Dunne, the 22-year-old from Ireland, was impervious to everything around him and soaked up a day he won't soon forget in his round of 6-under 66. Louis Oosthuizen, the last player to lift the claret jug on the Old Course in 2010, made three birdies over his last five holes for a 67. Jason Day had a share of the 54-hole lead for the second straight major with a 67, and this time he doesn't have to worry about vertigo symptoms he dealt with at the U.S. Open.

They were at 12-under 204.

"It's surreal I'm leading the Open, but I can easily believe that I shot the three scores that I shot," Dunne said. "If we were playing an amateur event here, I wouldn't be too surprised by the scores I shot. It's just lucky that it happens to be in the biggest event in the world.

"Hopefully, I can do it again tomorrow," he said. "But whether I do or not, I'll survive either way."

Such an opportunity might not come around again for Spieth. Only three other players won the first two legs of the Grand Slam since the modern version began in 1960. Arnold Palmer, Jack Nicklaus and Tiger Woods only got one shot at it, and none ever started the final round of the British Open so close to the lead.

And so it was Spieth, a 21-year-old Texan with an uncanny sense of occasion, who brought the grey, old town to life in a mixture of sunshine and rain.

After punching his golf bag in frustration at the turn, he ran off three straight birdies on the back nine and kept alive his hopes of becoming the first player to sweep the four professional majors in one year. He finished with a 66.

Ben Hogan in 1953 was the only other player to win the Masters, U.S. Open and British Open in the same year.

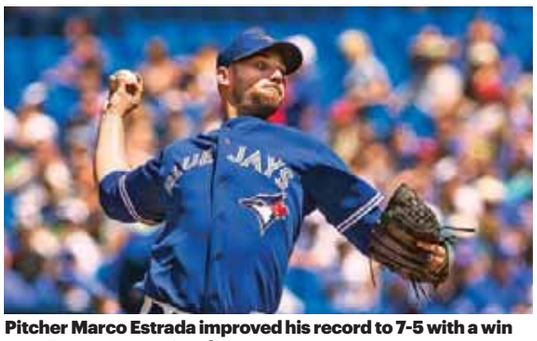
With a one-shot lead after powering his way around St. Andrews for 36 holes, Dustin Johnson was the last player in the field to make a birdie Sunday, and that wasn't until the 15th hole. He followed with three straight bogeys for a 75 to fall five shots behind.

THE ASSOCIATED PRESS

Amateur Paul Dunne shot a round of 6-under 66 on Sunday in St. Andrews, Scotland. He will enter the final round of the British Open tied for the lead with Louis Oosthuizen and Jason Day. JON SUPER/THE ASSOCIATED PRESS

MLB

Estrada, Blue Jays leave Rays dead in the water



Pitcher Marco Estrada improved his record to 7-5 with a win over Tampa Bay on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Marco Estrada offers a change of pace for the Toronto Blue Jays.

Moved from the bullpen to bolster the starting rotation early in May, the right-hander has provided innings and excellence for the Jays this season.

Estrada was at it again Sunday, using his changeup effectively in facing only one batter above the minimum over eight innings as Toronto shutout the Tampa Bay Rays 4-0.

"He (Estrada) was as good as you could be tonight," Blue Jays manager John Gibbons said. "He's got that knack of making that big pitch, getting that big out when you have to have it. He's very composed. You can't rattle him. He's got that equalizing pitch, that changeup. That's the pitch that got him to the big leagues. That's the difference maker for him. He'll use it at any time."

SUNDAY In Toronto

BLUE JAYS	RAYS
4	0

Chris Colabello and Jose Bautista each hit two-run homers to make sure Estrada's effort was not in vain as Toronto finally figured out a way to beat Rays starter Chris Archer.

Estrada (7-5) held Tampa to three hits with no walks and five strikeouts to win for the sixth time in his past eight starts.

Archer (9-7) allowed five hits, one walk and two runs while striking out six in seven innings. Archer won his first three starts against the Jays this season with a 0.54 earned-run average.

THE CANADIAN PRESS

IN BRIEF

Greipel sprints way to third TDF stage victory

Andre Greipel took his third stage victory of this Tour de France by winning a bunch sprint at the end of Stage 15 on Sunday, while Britain's Chris Froome remained in control of the overall race lead on a day when French police boosted security around his team.

Greipel, the Lotto-Soudal rider from Germany, powered to the line at Valence.

Police stationed half a dozen officers around Froome's Team Sky bus at the start after the race leader complained the previous day that a spectator shouting "Doper!" in French hurled a cup of urine at him on Stage 14.

THE ASSOCIATED PRESS

Busch takes checkered flag for second straight week

Kyle Busch continues to find victory lane and is moving closer to landing a spot in the Chase.

Busch's dominant comeback rolled on Sunday at New Hampshire Motor Speedway when he won for the second straight weekend and for the third time in the last four NASCAR Sprint Cup races.

He broke his right leg and left foot in a crash the day before the season-opening Daytona 500 and missed the year's first 11 races. THE ASSOCIATED PRESS

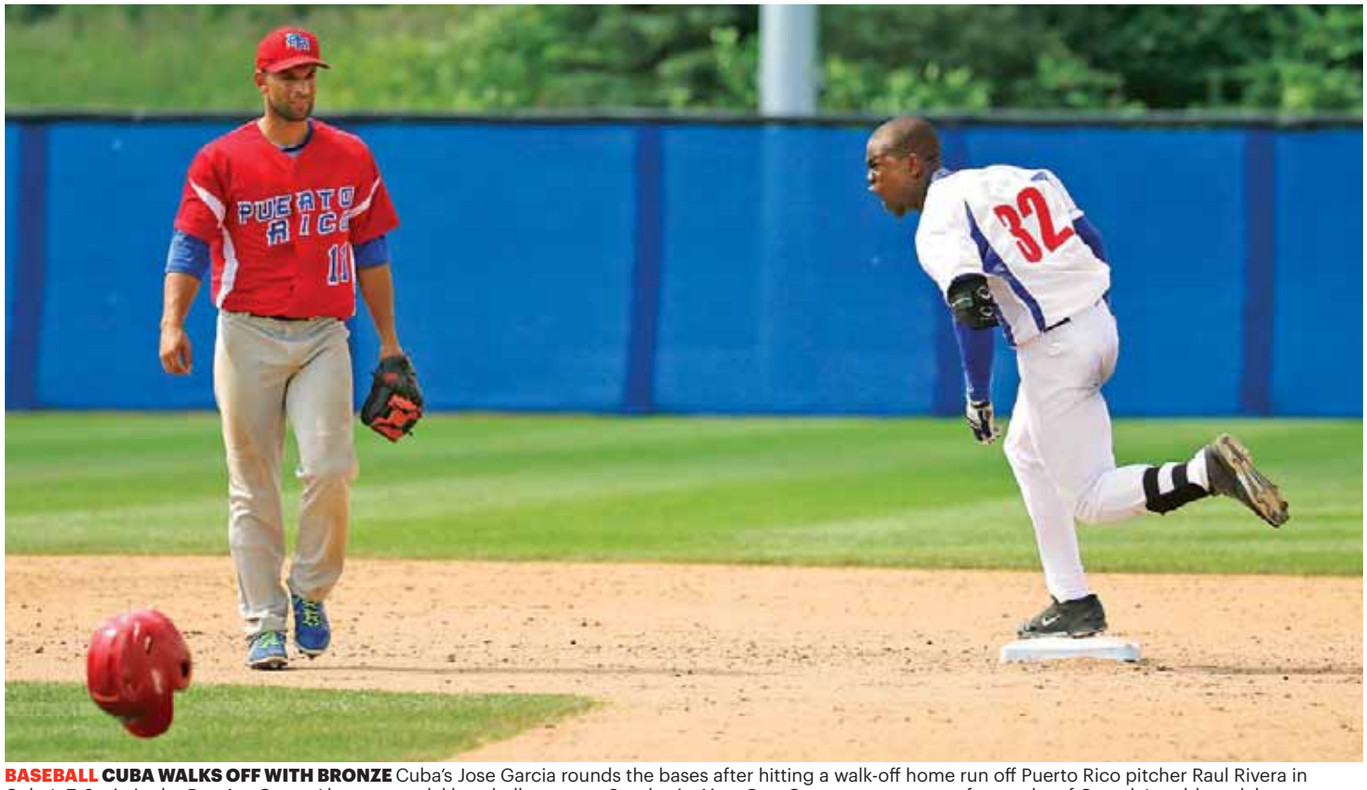
Murray leads Britain to Davis Cup semifinals

A tearful Andy Murray celebrated taking Britain to its first Davis Cup semifinal for more than three decades on Sunday, sealing an emotional 3-1 victory over France to line up a home series against Australia.

The Australians rallied from 2-0 down Friday to edge Kazakhstan 3-2 on Sunday, with Lleyton Hewitt winning the decider.

Argentina will visit Belgium in the other semifinal, after the South Americans wrapped up a 4-1 victory over Serbia and Belgium completed a clean sweep with a 5-0 win over Canada.

THE ASSOCIATED PRESS



BASEBALL CUBA WALKS OFF WITH BRONZE Cuba's Jose Garcia rounds the bases after hitting a walk-off home run off Puerto Rico pitcher Raul Rivera in Cuba's 7-6 win in the Pan Am Games' bronze-medal baseball game on Sunday in Ajax, Ont. Go to metronews.ca for results of Canada's gold-medal game against the United States on Sunday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Harnett hoarse but happy at halfway point

PAN AM 2015

Chef de mission says team on target after Week 1

Curt Harnett has pushed his voice to the breaking point cheering on the Canadian contingent. STEVE RUSSELL/TORSTAR NEWS SERVICE

Curt Harnett's voice was raspy, so he was trying to take it easy over the weekend. He hiked up and down the stairs at Toronto's Varsity Stadium, tossing pins into the crowd at the Pan American Games archery competition, in between waving a huge Canadian flag.

But Canada's chef de mission — and the team's head cheerleader — was otherwise keeping quiet.

"Still able to talk (barely), which is a good thing," Harnett said. "I kind of maybe overdid it a little bit.

"I've had a couple of days where I've tried to stay quiet, and the crowd's doing their job. But I can't contain myself, I'm emotionally invested in all of this, the success of our athletes is important to me as a person, it's a sense of pride that I can't seem to shake."

A little over a week into the Pan American Games, there has been plenty of reason to be proud and vocal.

Canada topped the medal table through most of Week 1 before falling to second Saturday night. The United States led with 50 gold and 135 total medals. Canada had 48 gold and 122 medals through Saturday. Brazil was a distant third in both, with 28 gold and 86 medals overall.

But Canada boosted its gold medal total to 53 heading into Sunday's late evening events.

Evan Dunfee started things off with gold in the men's 20-kilometre race walk. His teammate Inaki Gomez captured the silver.

Canada had another 1-2 finish in the women's track cycling sprint, with Monique Sullivan defeating fellow Calgary cyclist Kate O'Brien in the final.

Jazmyne Denhollander paddled to gold in the women's K1 whitewater kayak, and Olympic champion Rosie MacLennan defended her Pan Am title in women's trampoline.

The Canadians, who came in with a goal of a top-2 finish, have never won the Pan Am Games. Canada's best finish was second in Winnipeg in 1967. But as the host country, Canada compiled its largest — and arguably strongest — team ever, of 719 athletes, and the results are showing.

"The performance of the team is on par with what our targets were ... and of course knowing that, with the number of athletes that we were bringing, specifically A-team athletes, that performance on the field of play would be top shelf and put them on the podium," said Harnett, a three-time Olympic medallist in track cycling.

"I think the more exciting thing is the athletes who have risen to the occasion, have taken advantage of the home court, homefield advantage and the home crowd, and raised their game, and captured gold medals," he added. "So it's a great combination."

THE CANADIAN PRESS

> **"Just the other day, Ellie Black is walking out of the village and some of the track athletes are coming in and there's a high-five exchange going on. There's this collective energy.**
>
> Curt Harnett on Halifax gymnastics star Ellie Black who has inspired her fellow athletes in Toronto.

GAMES IN BRIEF

Table tennis gets rare spotlight in Toronto

The applause from several hundred fans in the packed bleachers, most of them hollering for Canadian Mo Zhang, was enough to put her nerves on high alert. But she needed to be calm, so she pretended she wasn't at home.

"Think we are not in Canada, I am playing in another country," Zhang said later, with a laugh. "Just relax, keep thinking this is just a normal competition."

It isn't normal, though. This is table tennis at the Pan Am Games, a hot ticket among the modest but lively legion of supporters who take the sport very seriously. A full house in the hangar-like Markham Pan Am Centre roared and sighed in unison throughout Sunday's women's and men's team openers.

Zhang, the 26-year-old anchor of Canada's women's crew and reigning Pan Am singles champion, led teammates Anqi Luo and Alicia Côté to a tight victory over Guatemala, three games to two. The men's squad, led by Ottawa-based veteran Eugene Wang, swept the Guatemalans 3-0. TORSTAR NEWS SERVICE

Experience better than medals for volleyballers?

For Canada's female beach volleyballers, the silver lining will come off the court.

The Toronto-based pair of Melissa Humana-Paredes and Taylor Pischke dropped their semifinal match to Cuba on Sunday, 21-18, 17-21, 15-7. They will play for bronze but, like a lot of young athletes who have descended on Toronto for these Games, this is instead a golden chance to gain experience. Both Humana-Paredes and Pischke are 22.

"They're on the 2016 (Ol pathway but we're looking for really big things from them for 2020, so this is all learning," coach Steve Anderson said.

TORSTAR NEWS SERVICE

Fields helps hosts to blowout win over Brazil

Canada's women's basketball team will play for gold at the Pan American Games after thoroughly dismantling Brazil 91-63 on Sunday.

Nirra Fields had 15 points to top the Canadians, who will meet the United States in Monday night's final and are guaranteed to match their best-ever Pan Am result.

THE CANADIAN PRESS

RECIPE Baked Taco Shells with Beef, Beans and Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 13 minutes
Serves 6

Ingredients
- 6 small flour tortillas (6 inch)
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 tsp minced garlic
- 8 oz lean ground beef
- 1 cup medium salsa
- 1 cup canned, rinsed black beans
- 3/4 cup diced tomato
- 1/2 cup diced avocado
- 2 Tbsp chopped cilantro
- 1 tsp lemon juice
- 1 tsp olive oil
- 1/2 cup grated Monterey Jack or white cheddar cheese

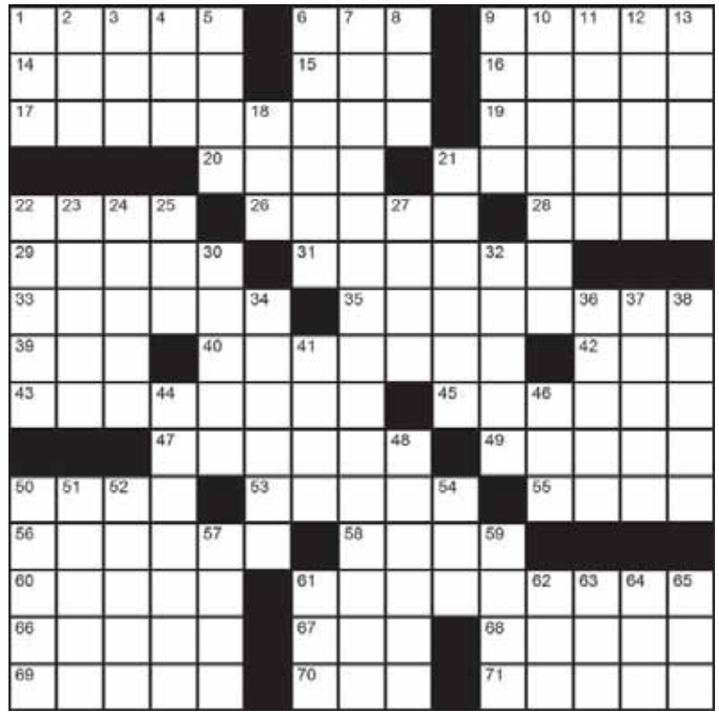
Directions
1. Preheat oven to 425 F. Spray a large 6 cup muffin tin or 4-inch ramekin with vegetable spray. Fit tortillas into cups. Spray with vegetable oil and bake for eight to 10 minutes, or just until lightly browned and crisp.
2. Meanwhile, heat a large skillet, add oil and onion and sauté for five minutes. Add garlic and beef and cook until no longer pink, about three minutes. Add salsa and beans and simmer for five minutes.
3. Divide beef mixture into tortilla shells.
4. In a small bowl, combine tomato, avocado, cilantro, juice and oil. Divide over beef and garnish with cheese.

Nutrition per serving
- Calories 260
- Protein 15 g
- Carbohydrates 26 g
- Fibre 4 g
- Total fat 11 g
- Saturated fat 3.5 g
- Cholesterol 35 mg
- Sodium 540 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Remove a fedora, for instance
6. __-advised
9. Decorative pillow covers
14. Bug for the brand Raid
15. Billy Williams link
16. Cartoon on paper
17. Innate animal senses
19. Space shadow
20. Show to one's restaurant table
21. Swiped
22. __ cloth and add soap (Cleansing instruction)
26. Seize forcibly
28. __ egg (Savings)
29. Then: French
31. Dingy
33. __ test (Determining factor)
35. Jumble
39. Blood-sucker, when doubled
40. Cheated/unfairly treated
42. Completely
43. Time to commence a military action: 2 wds.
45. Soldier's identification: 2 wds.
47. Canadian menswear store, __ __ Tailors
49. Supermodel Ms. Campbell
50. Assist in wrongdoing
53. Apples and pears, in botany
55. Kellogg's All-__
56. Signify
58. Pull along
60. The __ (Texas landmark to 'remember')
61. Samuel de Champlain's ship on his 1608 journey across the Atlantic resulting in the founding of the permanent settlement of Quebec City: 3 mots
66. Pocket breads
67. __ Darya (River in Asia)
68. Billionaire Bill
69. "Happy Days" gang
70. Converged
71. Sandcastle's spot

DOWN
1. Mr. Geller of spoon-bending
2. Quebec turndown
3. "Time __ Come Today" by The Chambers Brothers
4. Play part
5. "Analyze __" (1999)
6. Bouncer's request from a wannabe patron: 2 wds.
7. They bring cheer to soldiers based abroad: 3 wds.
8. Guitar master Mr. Paul
9. Rabbit-style tail
10. For example... Ball and Bawl or Knead and Need or None and Nun
11. Saunter
12. Swampy spots
13. Barely anything
18. Fresh
21. Gazed
22. Ballroom dance
23. Beethoven's "Fur __"
24. Book bag carrier
25. Strong-__ (Push around)
27. Splinter group
30. Rolled-in-rice appetizer
32. Inert gas
34. Ye olde goods-purchasing place
36. Ulan __ (Capital of Mongolia)
37. Camel-like creature
38. Toronto theatre, __ & Winter Garden
41. Prefix to 'biography'
44. Armchair's footstool
46. Make small talk
48. __ butter cookies
50. Modify
51. Contradict
52. Related maternally
54. Sink's one-of-some bubbles
57. Flip a coin
59. ZZ Top hit
61. Hydroelectric project
62. "Lah-di-__!"
63. '90s trial judge Lance
64. Always, in verse
65. Expend

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have done a lot of things for loved ones in recent weeks but as from Thursday, when the Sun changes signs, you must start doing more things for yourself.

Taurus April 21 - May 21
You've been so busy of late that someone is beginning to think you have forgotten about them. It isn't remotely true and you should do something today that convinces them of that fact.

Gemini May 22 - June 21
Try not to take life so seriously this week. You will look back and realize just how silly it was to get annoyed about things which are of no real importance at all.

Cancer June 22 - July 23
The Sun leaves your birth sign on Thursday, which means you still have three days to get started on a project you have been putting off for ages.

Leo July 24 - Aug. 23
You should be counting your blessings now as life is good and about to get a whole lot better. Keep thinking positive and telling yourself that you are destined to do something special with your life — because you are.

Virgo Aug. 24 - Sept. 23
Anyone who tries to take liberties today will get a shock. You are in no mood for nonsense, not even from those think they have the right to order you around. Make sure it's a mistake they regret.

Libra Sept. 24 - Oct. 23
Recent weeks have not been easy but they have certainly toughened you up. On Thursday you will be in a position to turn your experiences to your long-term advantage.

Scorpio Oct. 24 - Nov. 22
Over the next few days start thinking of ways you can impress people in positions of power. Tell them you are willing to shoulder more responsibility — assuming that's what you want.

Sagittarius Nov. 23 - Dec. 21
You have been far too suspicious of late and it has prevented you from taking risks. Maybe that's no bad thing, seeing as how reckless you can be at times, but in a matter of days you will be back to normal!

Capricorn Dec. 22 - Jan. 20
If you believe a friend or colleague is making a poor job of something on purpose then by all means have a go at them. On the other hand, your standards can be very high, so maybe you are expecting too much.

Aquarius Jan. 21 - Feb. 19
The Sun moves into your opposite sign this week, making it a good time to look back over the past six months and see how far you have come.

Pisces
Feb. 20 - March 20
No matter how dynamic you have been recently, you must now slow down a bit. You have pushed boundaries both physically and emotionally and you can't keep pushing forever.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6				5				1
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